July 2016 Washington Seniors Wellness Center 3001 Alabama Ave SE Washington, DC 20020 (202) 581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
Schedule subject to change Center Hours: Monday: 8:00 am-6:30 pm Tuesday: 8:00 am-5:00 pm Wednesday: 8:00 am-6:30 pm Thursday: 8:00 am-5:00 pm Friday: 8:00 am-5:00 pm				1- 8:00 Open Gym 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 1:00 Bingo 2:00 Yoga
4 TILY	5- 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction	6-8:00 Open Gym 9:00 Strength and Toning 9:50 Abs and Legs 9:50 Health Dialogue A 10:00 Consumer Protection Presentation 10:30 EnhanceFitness 10:35Health Dialogue B 11:30 Members Assembly 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga 5:00PM FITNESS	7-8:00 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 12:30 Pounds Away 1:00 Art Class 1:45 Relaxation/Stress Reduction 1:45 Nutrition F	8-8:00 Open Gym 9:00 Enhance Fitness 10:00 Line Dancing 11:00 Quilters 1:00 Enhance Fitness 1:00 Bingo 2:00 Yoga

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			15- 8:00 Open Gym
			9:00 Enhance Fitness
	_		10:00 Line Dancing
	_	1 2	10:00 AARP's Safety Driving
			Class
_			11:00 Quilters
			1:00 Enhance Fitness
10:40 Gentle Movement C/D	_		1:00 Bingo
11:45 T'ai' Chi	2:00 Food Demonstrations	12:30 Pounds Away	2:00 Yoga
12:30 Tennis	5:00PM FITNESS	1:00 Art Class	
1:00 Pilates		1:00 Pilates	
1:45 Relaxation/Stress		1:45 Relaxation/Stress	
Reduction		Reduction	
		1:45 Nutrition F	
19- 8:00 Open Gym	20- 8:00 Open Gym	21- 8:00 Open Gym	22- 8:00 Open Gym
9:00 Tennis	9:00 Strength and Toning	9:00 Tennis	9:00 Enhance Fitness
9:00 Cardio	9:50 Abs and Legs	9:00 Zumba	10:00 Line Dancing
9:50 Balance and Stretch		9:50 Strength and Toning	10:00 Book Club
9:50 Nutrition C	10:30 Enhance Fitness	9:50 Health Dialogue C	11:00 Quilters
10:30 Bladensburg	10:35Health Dialogue B	10:35 Nutrition D	12:00 31 st Anniversary
Waterfront Park	1:00 Enhance Fitness	10:40 Gentle Movement C/D	Celebration: Luncheon w/
10:35 Health Dialogue D	1:00 Club Memory	12:00 T'ai Chi	Captain Fly and Friends
10:40 Gentle Movement C/D	2:00 Yoga	12:30 Pounds Away	1:00 Enhance Fitness
11:45T'ai' Chi	5:00 FITNESS	1:00 Art Class	1:00 Bingo
12:30 Tennis		1:00 Pilates	2:00 Yoga
1:00 Pilates		1:45 Relaxation/Stress	
1:45 Relaxation/Stress		Reduction	
Reduction		1:45 Nutrition F	
	12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction 19- 8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:30 Bladensburg Waterfront Park 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress	9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:30 Tangier Outlet 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction 19-8:00 Open Gym 9:00 Tennis 9:00 Cardio 9:50 Abs and Legs 10:35 Health Dialogue B 1:00 Enhance Fitness 2:00 Yoga 2:00 Food Demonstrations 5:00PM FITNESS 10:30 Fand Demonstrations 5:00PM FITNESS 2:00 Food Demonstrations 5:00PM FITNESS 10:30 Balance and Stretch 9:50 Abs and Legs 9:50 Health Dialogue A 10:30 Enhance Fitness 10:35 Health Dialogue B 1:00 Enhance Fitness 10:35 Health Dialogue B 1:00 Enhance Fitness 10:35 Health Dialogue B 1:00 Enhance Fitness 1:00 Fitness	9:00 Tennis 9:00 Cardio 9:50 Balance and Stretch 9:50 Nutrition C 10:30 Tangier Outlet 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 Tai' Chi 12:30 Tennis 19:00 Pilates 1:45 Relaxation/Stress Reduction 20- 8:00 Open Gym 9:00 Tennis 9:00 Pendig 9:00 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 Tai' Chi 12:30 Tennis 1:00 Pilates 1:45 Relaxation/Stress Reduction 20- 8:00 Open Gym 9:00 Tennis 9:00 Strength and Toning 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 Tai Chi 12:30 Pounds Away 1:00 Pilates 1:45 Relaxation/Stress Reduction 1:45 Nutrition F 21- 8:00 Open Gym 9:00 Strength and Toning 9:00 Strength and Toning 9:00 Tennis 9:00 Strength and Toning 9:00 Tennis 9:00 Strength and Toning 9:00 Tennis 9:00 Tennis 9:00 Tennis 9:00 Strength and Toning 9:00 Tennis 9:00 Tennis 9:00 Tennis 9:00 Pilates 1:45 Relaxation/Stress 1:00 Pilates 1:00 Filates 1:00 Pilates 1:45 Relaxation/Stress Reduction

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25- 8:00 Open Gym	26- 8:00 Open Gym	27- 8:00 Open Gym	28 -8:00 Open Gym	29- 8:00 Open Gym
9:00 Strength and Toning	9:00 Tennis	9:00 Strength and Toning	9:00 Tennis	9:00 Enhance Fitness
9:50 Abs and Legs	9:00 Cardio	9:50 Abs and Legs	9:00 Zumba	10:00 Line Dancing
9:50 Nutrition A	9:50 Balance and Stretch	9:50 Health Dialogue A	9:50 Strength and Toning	10:00 Book Club
10:00 Legal Counsel for the	9:50 Nutrition C	10:00 Bingo w/ United	9:50 Health Dialogue C	11:00 Quilters
Elderly	10:35 Health Dialogue D	Healthcare	10:35 Nutrition D	1:00 Enhance Fitness
10:30 Nutrition B	10:40 Gentle Movement C/D	10:30 Enhance Fitness	10:40 Gentle Movement C/D	1:00 Bingo
10:30 Enhance Fitness	11:45T'ai' Chi	10:35Health Dialogue B	12:00 T'ai Chi	2:00 Yoga
11:30 BEEDL	12:30 Tennis	1:00 Enhance Fitness	12:30 Pounds Away	
1:00 Enhance Fitness	1:00 Pilates	2:00 Yoga	1:00 Art Class	
1:00 Bingo	1:45 Relaxation/Stress	2:00 Food Demonstrations	1:00 Pilates	
1:45 Nutrition E	Reduction	5:00 FITNESS	1:45 Relaxation/Stress	
5:00 FITNESS			Reduction	
			1:45 Nutrition F	

^{*}Schedule subject to change*

Center Hours:

Monday: 8:00 am-6:30 pm Tuesday: 8:00 am-5:00 pm Wednesday: 8:00 am-6:30 pm Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Thank You!

^{*}Please consider making a donation to WSWC to support our Social Activities and Special Programs. Please make checks out to WSWC/ERFSC.